

# Phoebe's Phish Tacos with Kale Chips

**Makes:** 8 Servings

"My inspiration for this is also my favorite story. I was at a barbecue while on vacation and set my eyes on my first suckling pig," says Phoebe. "The sight convinced me to become a vegetarian. After studying with my parents about vegetarianism and how much protein my body needs, I decided that I would eat fish and chicken, but not mammals. Making this choice has forced us to find creative protein options. Fish is both high in protein and the good types of fats we need."

## Ingredients

For the Tacos:

- 1 pound** asparagus, tough ends removed
- 1 tablespoon** naval orange juice
- 1/4 cup** olive oil
- 1** pound or 4 fillets salmon
- 1/2 teaspoon** garlic powder
- 1/4 teaspoon** salt
- 8** corn tortillas
- 2** avocados, halved and pitted
- Juice from 1/2 lime
- 1/4 teaspoon** salt
- 1/4 cup** chopped fresh cilantro
- 4 ounces** shredded low-fat mozzarella cheese
- Blueberries, optional

For the Kale Chips:

- 1/2 pound** curly kale, stalks discarded and leaves torn into bite-sized pieces
- 1 tablespoon** olive oil
- Sea salt to taste



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>759</b>
<b>Total Fat</b>	<b>40 g</b>
Saturated Fat	7 g
Cholesterol	152 mg
<b>Sodium</b>	<b>697 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	8 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>78 g</b>

## Directions

1. **Preheat the oven to 400°F** and line a baking sheet with parchment paper. Spread the asparagus on the baking sheet, drizzle with the orange juice and 1 tablespoon olive oil, and toss to coat. Roast for 8 to 10 minutes and set aside.
  2. **To make the Kale Chips:** Once the asparagus is done, reduce the oven temperature to 250°F. In a large bowl, combine the kale with 2 tablespoons olive oil and salt and toss to evenly coat. Arrange in single layer on a baking sheet and bake for about 25 minutes, or until crisp.
  3. **To make the Salmon:** Sprinkle the salmon fillets with garlic powder and salt. In a large sauté pan, heat the remaining 1 tablespoon olive oil over medium heat. Add the salmon and cook, flipping once, about 5 minutes per side, or until the fish flakes when touched by a fork. Cut each fillet in half.
  4. **Warm** the tortillas in the microwave.
  5. **In a medium bowl**, mash the avocados with a fork. Add the lime juice and salt and continue to mash until you get the desired texture. Stir in the cilantro.
  6. **To assemble**, place 2 small pieces of salmon, and 2 pieces of asparagus inside each warm tortilla. Sprinkle with cheese then top with homemade guacamole. Arrange on a plate with kale chips and blueberries. Enjoy!
- The 2015 Healthy Lunchtime Challenge Cookbook